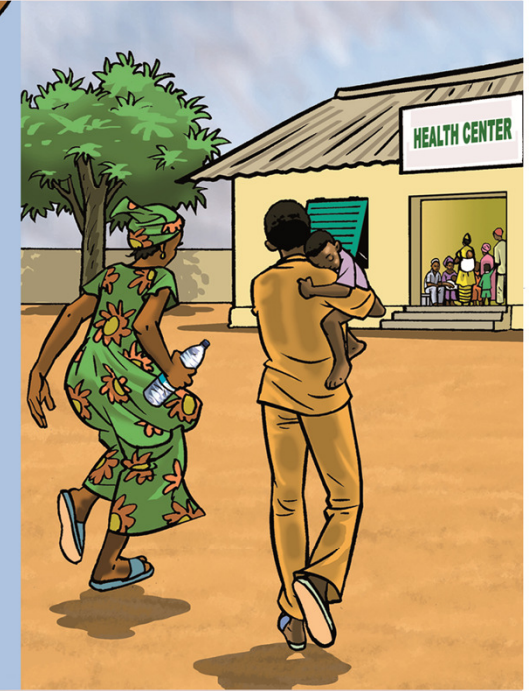


# PROTECTING OURSELVES FROM **CHOLERA**





# FLIPCHART FOR COMMUNICATION ON CHOLERA PREVENTION AND FIGHT

## What is it?

This flipchart is a visual support for community workers, health workers, emergency workers, and in general all staff conducting face-to-face communication in response to a cholera outbreak.

## How to use it?

The flipchart is intended as a support for animating individual or group discussions on life-saving practices.

To facilitate involvement of communities for an effective response to the outbreak, this flipchart should be used to provide information and stimulate discussion, rather than to “pass messages”.

## An integrated communication approach

The flipchart should not be used alone; effective communication strategy involves the use of a variety of channels and actors. It will be critical to integrate face-to-face discussion with other channels such as local radios, schools, mosques, churches, etc., and to associate different actors such as technical experts, community representatives and opinion leaders to animate them.

In emergency context it is critical not only to stimulate discussion but also to create mechanisms for interaction between communities and service providers such as regular meetings, participation to radio broadcasts or visits by community representatives to health posts; these mechanisms need to be carefully catered for with appropriate planning and resources.

Some examples of questions that can generate discussion:

To generate discussion within the group:

- *I have a question for you.*
- *Who can answer this question?*
- *Who has any idea about this?*

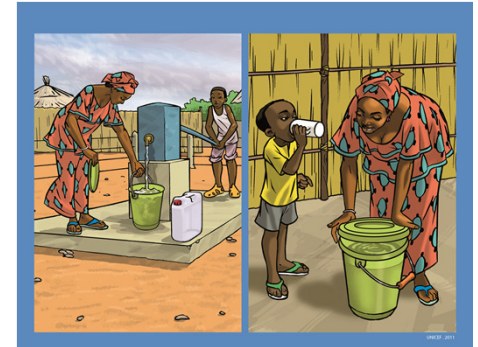
To involve more stakeholders:

- *Who else should be involved?*
- *How might we involve them?*

To identify local role models:

- *Is there anybody who has overcome the problem?*
- *You said that you did X; how were you able to do that?*

Adapted from “Basic Field Guide to the Positive Deviance Approach, Tufts University, 2010”

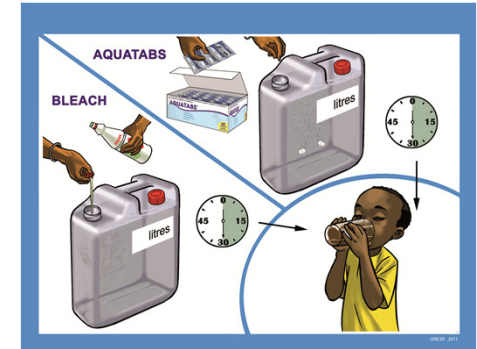


## USE SAFE SOURCES OF WATER

All water that people drink and use should come from a safe source or be purified.

Containers for carrying and storing water need to be kept clean inside and outside and covered to keep the water clean.





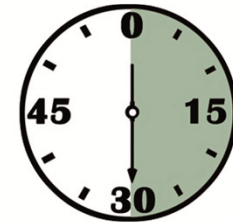
## **PURIFY YOUR WATER**

Where necessary use bleach or aquatab tablets to purify the water.

Pour a bottle cap of bleach in the water; wait for 30 minutes before drinking or pour two aquatab tablets in the water; wait for 30 minutes before drinking.

**AQUATABS**

**BLEACH**





## **WASH YOUR HANDS**

All family members, including children, need to wash their hands thoroughly with soap and running water at key moments:

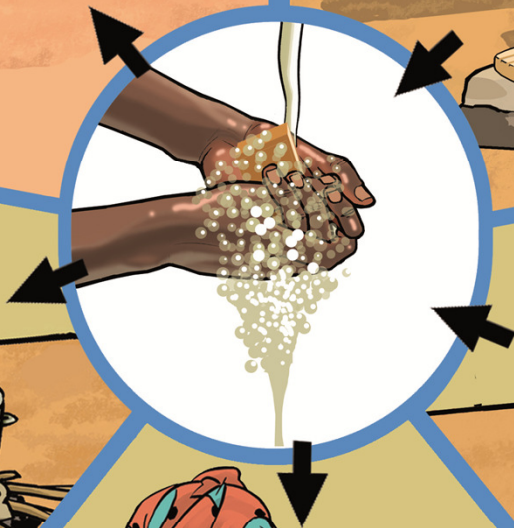
Before eating

Before preparing food

Before feeding children

After defecation.







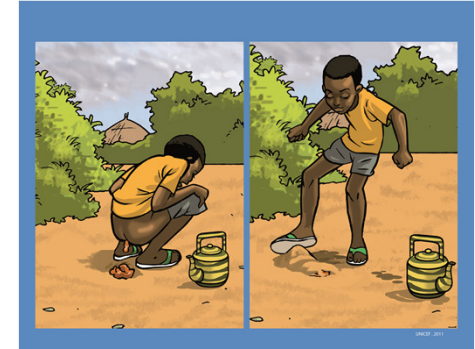
## **ALWAYS USE LATRINES AND KEEP THEM CLEAN**

All faeces, including those of babies and young children, should be disposed of cleanly.

Making sure that all family members use a latrine or a potty (for young children) is the best way to dispose faeces.

Clean latrines regularly.





## BURY YOUR FAECES

Where there is no toilet, faeces should be buried **far away from homes and water points.**



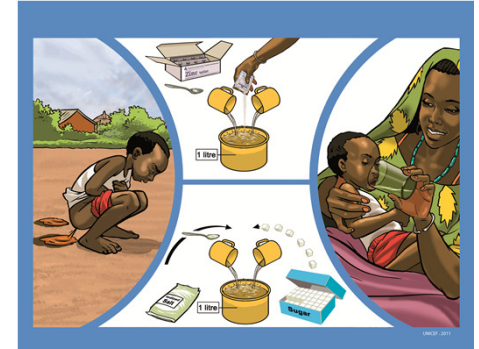


## **IMMEDIATELY TAKE A CHILD WHO HAS DIARRHOEA TO HEALTH CENTRE**

If a child has diarrhoea, take him to health centre immediately. Continue to give him water to drink while taking him.

The nearest cholera treatment unit is located.....





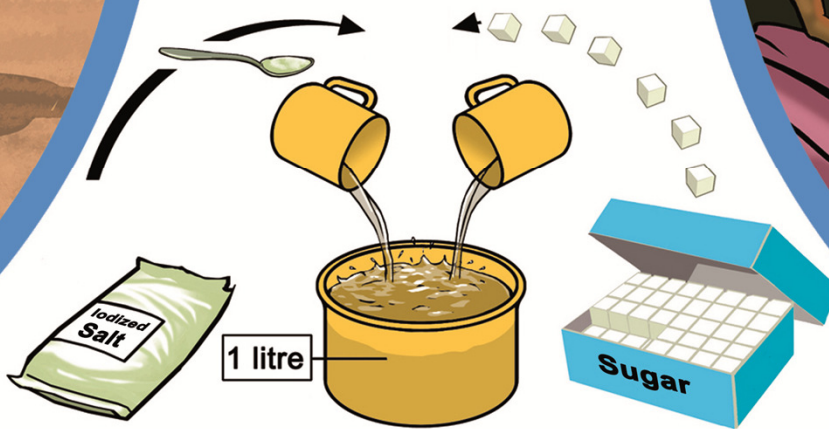
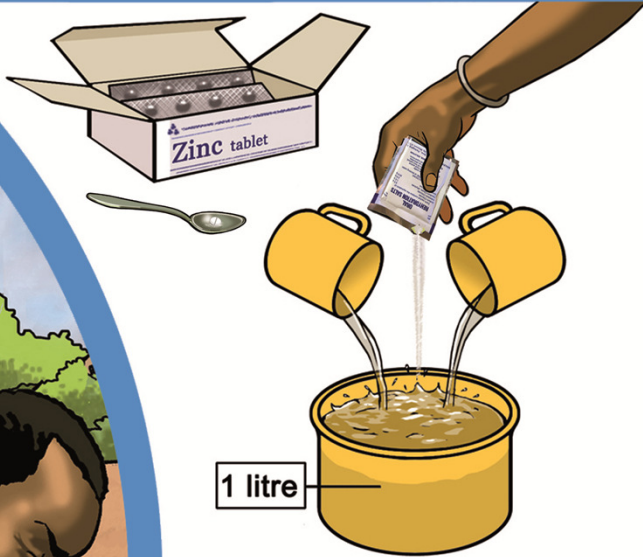
## **GIVE ORS TO A CHILD WHO HAS DIARRHOEA**

A child with diarrhoea should receive oral rehydration salts (ORS) dissolved in a litre of clean water, plus zinc.

If ORS is not available, give the child a drink made with 6 level teaspoons of sugar and half level teaspoon of salt dissolved in a litre of drinking water.

Stir well, and feed it to the child from a clean cup.





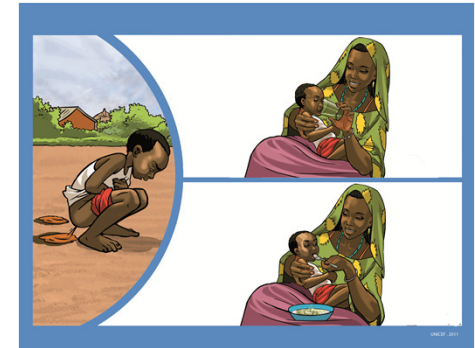


## **CONTINUE BREASTFEEDING A BABY WHO HAS DIARRHOEA**

A baby with diarrhoea needs to continue breastfeeding regularly.

To avoid dehydration, breastfed children should breastfeed as often as possible.





## **CONTINUE FEEDING A CHILD WHO HAS DIARRHOEA**

A child with diarrhoea needs to continue eating regularly.

While recovering, the child needs to be offered more food than usual to replenish the energy and nourishment lost due to the illness.



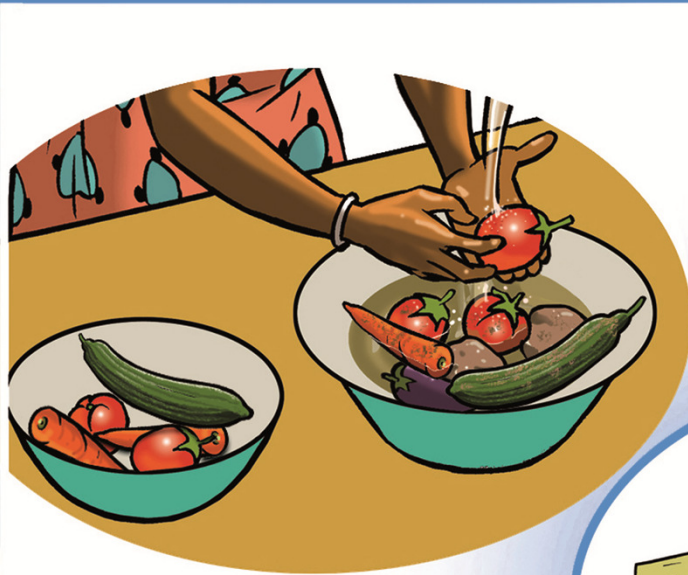


## **WASH, COOK AND COVER YOUR FOOD**

Raw or leftover cooked food can be dangerous. Raw food should be washed or cooked.

Cooked food should be eaten as soon as possible or thoroughly reheated before eating.

Food, utensils and preparation surfaces should be kept clean and away from animals. Food should be stored in covered containers.





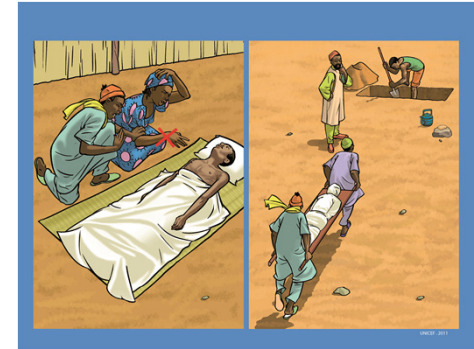
## **KEEP YOUR ENVIRONMENT CLEAN**

Safe disposal of all household refuse helps to keep the living environment clean and healthy.

This also helps prevent illness.







## **BURY DEAD BODIES QUICKLY**

When someone dies, keep the body at home for as little time as possible and bury the corpse as soon as possible.

If in contact with the corpse or its excretions, clean your hands thoroughly with water and soap.



